

Kentenhko:wa/November 2007 Lunch Menu

Menu subject to change at Cook's discretion

Mon

Tue

Wed

Thu

Fri

The St. Regis Mohawk Senior Center is open from 8am to 4pm. Please call in your reservations by 9:30am to eat in or to cancel your home delivered meal. We will be celebrating our Birthday Meal, on the last Wednesday of each month. Optional sandwiches will be prepared for those not wanting the regular meal. Phone: 518-358-2963.

5 Turkey Shepard's Pie
Carrots
Ww roll
Fruity Jello w/topping

6 Chicken Parmesan
Broccoli/cauliflower
Spaghetti
Black forest cake

7 Sweet'n sour pork
Brussel sprouts
Rice pilaf
Peaches

1 Mild Chili
Waldorf Salad
Green beans, cornbread
Cherry cobbler w/topping

2 Hot meatball sandwich
Caesar salad, Peas
Tapioca pudding

12
Veteran's Day

13 Lemon Baked chicken
Peas, tossed salad
Ww roll
Rice custard pudding

14 Indian Hash
Green beans, Harvard beets, cornbread
Apple crisp w/topping

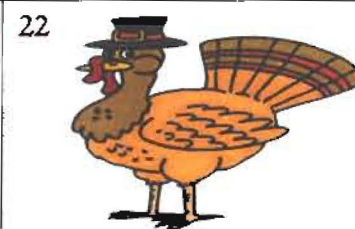
15 Vegetable quiche
4oz tomato juice
Squash, ww roll
Berry medley

16 Turkey w/stuffing
mashed potatoes, carrots
cranberries
Pumpkin Pie

19 BBQ Rib sandwich
Coleslaw
Broccoli/cauliflower
Mandarin Oranges

20 Beef Stroganoff over noodles
Mix veggies
Fluffy lemon pudding

21 Cheese manicotti
Caesar salad
Peas, Garlic bread
Jello w/topping



23
Thanksgiving Holiday

26 Meatloaf
Mashed potatoes
ww roll, Carrot coins
Fruit cup

27 Chicken Devine over noodles, corn
carrot/raisin salad
Fruity jello w/topping

28 Pork chop
Boiled potatoes
Asparagus, ww roll
Birthday cake

29 Mild Chili w/turkey,
Waldorf salad, Green beans, cornbread
Pears

30 Tomato Parmesan soup, ww roll
peaches'n cottage cheese
Peanutbutter cookie